What is Claimed:

- 1. A quick release buckle comprising:
 - a first cam;
- 5 a knurl bar; and,
 - a first spring operatively arranged to engage said first cam and said knurl bar.
 - 2. The quick release buckle recited in Claim 1 wherein said first spring is operatively arranged to apply compressive force against said first cam and said knurl bar.
- 10
- 3. The quick release buckle recited in Claim 2 further comprising:
 - a belt; and,

wherein said knurl bar is operatively arranged to grip said belt in response to said compressive force.

15

- 4. The quick release buckle recited in Claim 1 further comprising:
 - a second cam; and,
- a second spring operatively arranged to engage said second cam and said knurl bar.

20

- 5. The quick release buckle recited in Claim 4 further comprising:
 - a tongue blade; and,

wherein said first and second cams are operatively arranged to grip said tongue blade in response to said compressive force.

25

- 6. The quick release buckle recited in Claim 1 further comprising:
 - a housing with an integral mounting structure; and,
- wherein said first cam is operatively arranged to rotate about said mounting structure.

- 7. The quick release buckle recited in Claim 6 wherein said housing further comprises first and second components and said mounting structure is integral to said first component.
- 5 8. The quick release buckle recited in Claim 7 wherein said mounting structure is integral to said second component.
 - 9. The quick release buckle recited in Claim 6 wherein said mounting structure is extruded from said housing.
 - 10. The quick release buckle recited in Claim 6 wherein said housing further comprises first and second components and said mounting structure is operatively arranged to engage said first and second components.
- 15 11. A quick release buckle comprising:

10

25

- a housing with a first integral mounting structure; and,
- a first cam operatively arranged to rotate about said first mounting structure.
- 12. The quick release buckle recited in Claim 11 wherein said housing further comprises first and second components and said first mounting structure is integral to said first component.
 - 13. The quick release buckle recited in Claim 12 wherein said first mounting structure is integral to said second component.
 - 14. The quick release buckle recited in Claim 11 wherein said first mounting structure is extruded from said housing.
- 15. The quick release buckle recited in Claim 11 wherein said housing further comprises first and second components and said first mounting structure is operatively arranged to engage said first and second components.

- 16. The quick release buckle recited in Claim 11 further comprising:
 - a knurl bar; and,
 - a first spring operatively arranged to engage said first cam and said knurl bar.

5

- 17. The quick release buckle recited in Claim 16 wherein said first spring is operatively arranged to apply compressive force against said first cam and said knurl bar.
- 18. The quick release buckle recited in Claim 17 further comprising:
- a second integral mounting structure on said housing;
 - a second cam operatively arranged to rotate about said second mounting structure; and,
 - a second spring operatively arranged to engage said second cam and said knurl bar.

15

- 19. The quick release buckle recited in Claim 18 further comprising:
 - a tongue blade; and,

wherein said first and second cams are operatively arranged to grip said tongue blade in response to said engagement by said first and second springs, respectively.

20

20. A quick release buckle comprising:

a housing with first and second extruded bearing walls;

first and second cams operatively arranged to rotate about said first and second bearing walls, respectively;

5 a knurl bar;

- a first spring operatively arranged to apply a compressive force against said first cam and said knurl bar; and,
- a second spring operatively arranged to apply a compressive force against said second cam and said knurl bar.